UPCOMING EVENTS

Date	Event	Time	Location	Details
March 31	Cemetery Clean Up Begins	All Spring and Summer	American Fork Cemetery	Decorations must be placed directly on the headstone. Others will be discarded.
April 2	Teen Thing	7 p.m.	Gardner Community Room, Library	For ages 11 to 16
April 7	Blood Drive	9 a.m. to 2 p.m.	Parking Lot behind the City Adminstrative Building, 51 E. Main Street	This is a competition and American Fork has NEVER won! Please come help.
April 18	Cover-to-Cover Club	Any time	April 18 is the last day to sign up at the library	Children ages 4 to 12
April 16	Create! Cooking Class	7 p.m.	Gardner Community Room, Library	The focus will be fruits and vegetables, making stir fry.
April 18	Community Merit Badge Sign-Off	10 a.m. to noon	American Fork Fitness Center	Bring your workbook and proof of requirement completion and a blue card from your scoutmaster.
April 20	Wasatch Winds Spring Concert	7:30 p.m.	American Fork High School	"The Joy of Music"
May 2	Annual Family Event: Interactive viewing of "The Lego Movie"	11 a.m. and 2 p.m.	Gardner Community Room, Library	Tickets go on sale in the Library on Monday, April 6, \$5 per family.
May 16	Police Department sponsored motorcycle ride fundraiser for the Special Olympics	To be announced	Starts at the Timpanogos Harley Davidson store in Lindon	Watch for details in the next City newsletter.

Note: Storytime will not be held during Spring Break, April through 11.



To sign up for paperless billing or auto-pay, or to receive your newsletter online simply create an account with Xpress Bill Pay at www.xpressbillpay.com. You will need to create an account using your utility account number and e-mail address.

American Fork city scoop

IN CASE OF EMERGENCY: X MARKS THE SPOT

In Utah if someone says, "emergency preparedness," the minds of many go right to canned goods and wheat grinders. But there are a lot of things to consider to be prepared in an emergency. In Utah, the five natural disasters most likely to hit are:

- Earthquakes;
- Floods;
- Landslides;
- Fires; and
- Avalanches.

During one of these events one key consideration is how you and your family can communicate with public safety crews.

Police and fire teams are already prepared and set to help in emergencies. However, in large-imact situations, 9-1-1 is can sometimes be backlogged and phone service could possibly be down.

To help in these situations, FEMA has developed key "codes" to non-verbally communicate needs of a household or business with signs.

These have been particularly helpful in disasters such as Hurricane

Katrina. During rescue efforts, crews painted "X" marks on doors to keep track of rescue efforts and needs.

American Fork residents can be prepared, knowing what type of "X" to display for rescue crews:

- A Green X means no assistance is needed;
- A Yellow X means Help is needed, but it is not urgent;
- A Red X means Urgent Help is needed; and
- A Black X means there has been a fatality.
- A Blue X means someone needs medical attention, but not urgent.

To be prepared with triage signs:

- 1. Print the emergency signs ahead of time, and have them laminated if possible.
- 2. Know the meaning of each "X" and teach to friends and family.
- 3. Keep copies in your car and in an easy-to-access, quick-to-remember spot such as by a fire hydrant or 72-hour kit.

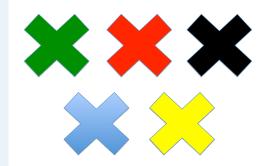
By taking precautions, you can protect you and your loved ones.

"BIG SHAKE" PREPAREDNESS EVENT SET FOR APRIL 16

On Monday, April 16, American Fork Rescue Crews will engage in a community-wide safety and emergency preparedness drill.

As part of the day-long drill, public safety leaders have asked residents to familiarize themselves with globally understood "triage" codes with colored "X" marks. To download and print pre-made triage signs, go to:

- Web site www.afcity.org
- Facebook www.facebook. com/AmericanForkCity
- Twitter www.twitter.com/ AmericanForkAFC



HOW TO HELP PREVENT DRUG ABUSE

According to the Division of Substance Abuse and Mental Health, be hard to detect, as it often begins Utah ranks 8th in the nation for prescription drug overdose deaths.

The Police Department sees people daily who have drug problems, and it • Bloodshot eyes or larger- or is increasingly affecting local youth.

One way to help is to openly talk about drug and alcohol abuse. The Mayo Clinic suggests the following:

- Ask what your teen's views are about drugs and alcohol. Avoid lectures, and listen to them.
- Discuss reasons not to abuse drugs, and avoid scare tactics. Emphasize how drug use can affect things such as sports, driving, health and appearance.
- Discuss media messages. Some shows, movies, websites or songs glamorize and trivialize drug use.
- Discuss ways to resist peer pressure and turn down offers.
- Be ready to discuss your drug use. If you chose not to use drugs, explain why. If you used drugs, share what it taught you.

Despite efforts to prevent drug abuse, some people find themselves in a pitfall, and they won't admit it.

In the early stages, drug abuse may with easily masked behavior, such as sharing prescription medication.

Symptoms of substance abuse

- smaller-than-usual pupils
- Nose bleeds (related to snorted drugs such as meth or cocaine)
- Changes in appetite or sleep
- Weight loss or weight gain
- Seizures without a history of epilepsy
- Deterioration in grooming or physical appearance
- Impaired coordination
- Injuries/bruises that they don't tell you about
- Unusual smells on breath, body or clothing
- Shakes, tremors, incoherent or slurred speech, or impaired or unstable coordination
- Skipping class, declining grades or getting into trouble at school
- A drop in attendance and performance at work or school
- Loss of interest in hobbies
- Missing money, valuables or prescription drugs.
- Borrowing or stealing money
- Acting isolated, silent, withdrawn, or engaging in

- secretive or suspicious behaviors
- Preoccupation with alcohol and drug-related lifestyle in music, clothing and posters
- Demanding more privacy, locking doors and avoiding eye
- Sudden change in relationships, friends or hangouts.
- Getting into trouble (fights, accidents, illegal activities).
- Using eye drops to mask bloodshot eyes.
- Unexplained, confusing change in personality.
- Mood changes, irritability, angry outbursts or laughing at nothing.
- Hyperactivity or agitation.
- Lack of motivation, inability to
- Appearing fearful, withdrawn, anxious or paranoid.

If you have information about those who may be distributing harmful drugs, please contact the American Fork Police Department at (801) 763-3020. Your call will be confidential.

You can also find information about drug prevention and treatment by visiting http://dsamh.utah.gov/.

JOIN THE LIBRARY'S ANNUAL SPRING FAMILY EVENT

Lego of all your stresses, and join us for the Library's Annual Spring Family Event which will be an interactive showing of "The Lego Movie."

> WHEN: Saturday May at 11 a.m. and 2 p.m. WHERE: Gardner Community Room at the Library **ADMISSION: \$5 per family**

Each screening will be limited to 100 total people. Tickets go on sale in the Library on Monday, April 6. Drawings for prizes and lots of fun! Bring blankets and pillows (no chairs) to sit on.

YOUNG TALENT FEATURED

Six youth musicians will take the stage during American Fork Symphony's "Salute to Youth" on April 27, at 7 p.m. at American Fork Junior High.

Admission is \$5 for adults, \$3 for ages 3 to 18, or \$15 for a family. Tickets are available at the door.

The Symphony presents the annual concert to give local youth a chance to solo with an orchestra. Being selected is an honor as about 50 young musicians audition each year.

The 90-member symphony features artists from American Fork and surrounding areas. For information, visit www. americanforksymphony.org.

GET INVOLVED

Volunteers -- The Historic Preservation Commission needs members. The next meeting is at noon on April 15 at Historic City Hall. For information, call (801) 318-6428.

Blood Donors -- Join the 5th annual "Blood Battle" sponsored by Horrocks Engineers on April 7 from 9 a.m. to 2 p.m., at 51 E. Main Street in the lot behind the City Adminstrative office. The friendly competition has northern Utah County cities competing. American Fork has NEVER won. For information, call Blake DeVries at (801) 763-5252 or see http://projects. horrocks.com/blooddrive.

Because Shoes Matter -- Cities in Utah are collecting used, wearable shoes for the charity Power 2 Become. Miss American Fork, Kinsey Richards, is helping collect shoes that will be sold in Tanzania to earn money to build water wells. Drop-off boxes are inside VASA Fitness at 648 E. State Road, April 16 to 30.

WATER WORKS

Turn off your Pressurized Irrigation Valve to prep for watering season

With Summertime comes yardwork and lawn watering. Irrigation water for lawn watering will be available for use around April 15.

To use this water, make sure your main pressurized valve is in the closed position. Closing the valve helps protect pipes and sprinkler heads from damage when the high-pressure system is turned

Water Restrictions Continue

Due to an warm winter, and little snow or rainfall, the City Council approved continued water restrictions.

Please look for additional mailer this month for information or visit www. afcity.net.

UTA'S RIDER'S LICENSE PROGRAM **REVVS UP**

UTA's Summer Youth Pass, "Riders License," is back.

The Rider's License allows ages 6 to 17 to ride FrontRunner, TRAX, the S-Line and buses all summer for \$1 a day. The pass is valid from June 1 to Aug. 31.

Burn, baby burn ...

The American Fork Fire Department is now issuing open burn permits that allows residents to burn between March 31 and May 31, 2014.

The permit cost is \$20 (cash or check only) and applications must be submitted to the Fire Department at 96 N. Center St., in American Fork. Prior to each burn, you must call dispatch at (801) 374-2876. More information, and online applications, can be found at www.airquality.utah. gov/compliance/openburning/index.htm.

For information and to access an application online, go to www.afcity.org.